



Addictive substances

Lesson Plan

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Title of Activity: Addictive substances	Subject area: Health education
Grade Level(s): 9. level, 14+	Duration: 90 minutes

Learning objectives:

By the end of the activity, students will:

- become familiar with the types of addictive substances
- understand the concept of addiction. take a position on a healthy lifestyle, on the rejection of addictive substances.

Teaching Method:

Cooperative learning

Teaching Techniques:

verbal methods, discussion, brainstorming, presentation

Materials / Resources / Technology use:

- scales

Activity Description

Introduction:

Step 1: The teacher divides the students into groups. The students write on paper things they consider addictive, what an addiction is, and how they perceive the term addiction. The groups discuss.

Step 2: The teacher addresses the individual groups. They present their opinions. A discussion of the opinions takes place.

Step 3: Together they derive concepts such as addiction, habit, and addictive substances.

Step 4: The teacher hands out scales to each student. He says words like: cigarettes, sirloin sauce, marijuana, coffee, tea, watermelon, chocolate... The students mark on the scale what positive or negative relationship they have with the given thing.

Step 5: The teacher reflects after each word. Why do you have the thing in this place? Why is it negative or positive for you?

Step 6: The students create a presentation on A4/A3 paper on individual types of addictive substances. They search for information about the substance. The presentation is informative, but shows a clear negative attitude towards this substance.



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Step 7: *Final phase – students take positions on concepts such as habit, addiction, and are able to recognize a harmful substance.*

Note: *Presentations displayed, for example, at school open days, in libraries, and on various other occasions.*

Closure: *The student is able to distinguish between harmful addictive substances. He is aware of their harmfulness and how addiction develops.*

Assessment:

Providing feedback throughout the project.